



JUNE 2016

National City George H Waters

AT THE TOWERS

1415 "D" Avenue- National City, CA 91950

(619) 336-6752

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| ENTERTAINMENT JUAN ROBLES 6-1-17 JAZZ A MINUTE 6-6-17 RICKACHA 6-16-17 PIÑA 6-30-17 | <p>Suggested Contribution \$3.50 Senior Adults (60+) NON-Senior FEE \$6.00 paid at front desk Lunch Hours 11:00 A.M. – 12:30P.M</p> | <p>Menu Subject To Change Without Notice Alternative Meal Option Available Daily Inquire at Front Desk</p> | <p>1) HOMEMADE MEATLOAF</p> <p>CHEESEY POTATOES PEAS & CARROTS BEET SALAD CHERRY TART MILK / JUICE</p> | <p>2) CATCH OF THE DAY</p> <p>SPANISH RICE ZUCCHINI & CORN POPPY SEED COLESLAW MANGO MIX MILK</p> |
| <p>5) BEEF STEW</p> <p>GARLIC MASHED POTATOES PEAS & PEARL ONIONS FRUIT SALAD LEMON CAKE MILK</p> | <p>6) BAKED PORK CHOP</p> <p>SCALLOPED POTATOES CALIFORNIA BLEND CARROT SALAD STRAWBERRIES & CREAM MILK</p> | <p>7) BEEF STROGANOFF</p> <p>PASTA NEW ENGLAND BLEND TOMATO BASIL SALAD PEACH CUP MILK</p> | <p>8) OLD FASHIONED TURKEY DINNER</p> <p>CANDIED YAMS GADEN VEGETABLES ORANGE CRANBERRY SALAD PUMPKIN TART MILK</p> | <p>9) CATCH OF THE DAY</p> <p>OVEN ROASTED POTATOES MIXED VEGETABLES KALESRAW BANANA MILK</p> |
| <p>12) SPAGHETTI & MEATBALLS</p> <p>PASTA STEAMED BROCCOLI CAESAR SALAD FRESH GRAPES MILK</p> | <p>13) BAKED CHICKEN</p> <p>MACARONI & CHEESE TUSCAN VEGGIES BROCCOLI SLAW CANTALOUPE MILK</p> | <p>14) HAM STEAK</p> <p>AU-GRATIN POTATOES MIXED VEGETABLES TOMATO BASIL SALAD FRUITED GELATIN MILK</p> | <p>15) BBQ BACON WRAPPED CHICKEN</p> <p>SCALLOPED POTATOES SCANDINAVIAN BLEND ROMAINE SALAD WATERMELON MILK</p> | <p>16) CATCH OF THE DAY</p> <p>STEAMED RICE CAPRI MIX PICO DE GALLO HONEYDEW MELON MILK</p> |
| <p>19) TEXAS HILL CHICKEN FRIED STEAK</p> <p>ROASTED RED POTATOES GREEN BEANS SPINACH SALAD ORANGE SMILES MILK</p> | <p>20) GRILLED PORK CHOP</p> <p>SWEET POTATOES GARDEN VEGGIES LEAFY GREEN SALAD APPLESAUCE MILK</p> | <p>21) MILANESA DE POLLO</p> <p>FRIED RICE GRILLED VEGETABLES AMBROSIA SALAD BROWNIE MILK</p> | <p>22) ROAST BEEF</p> <p>BAKED POTATO PEAS & CARROTS CAESAR SALAD APRICOT CUP MILK</p> | <p>23) CATCH OF THE DAY</p> <p>SAFFRON RICE ASIAN STYLE VEGETABLES ORIENTAL NOODLE SALAD FRUITED LIME GELATIN MILK</p> |
| <p>26) CHICKEN CACCIATORE</p> <p>EGG NOODLES GREEN BEANS ALMONDINE CAESAR SALAD FRESH GRAPES MILK</p> | <p>27) PEPPER STEAK</p> <p>STEAMED RICE ORIENTAL BLEND ROMAINE SALAD MANDARIN CUP MILK</p> | <p>28) PORK CHOP CHARCUTIER</p> <p>PASTA PILAF GRILLED VEGGIES RED & GREEN CABBAGE SALAD PEACHES MILK</p> | <p>29) OLD FASHIONED ROAST TURKEY</p> <p>SCALLOPED POTATOES PEAS & PEARL ONIONS CRANBERRY NUT SALAD PUMPKIN TART MILK</p> | <p>30) CATCH OF THE DAY</p> <p>POTATO WEDGES OREGON BEAN MEDLEY MACARONI SALAD CANTALOUPE MILK</p> |

THE GEORGE H. WATERS NUTRITION PROGRAMS ARE SUPPORTED BY OLDER AMERICAN'S ACT FUNDS AWARDED BY THE COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY, AGING & INDEPENDENCE. ADDITIONAL FUNDING COMES FROM THE COMMUNITY DEVELOPMENT COMMISSION OF THE CITY OF NATIONAL CITY AND SENIOR CONTRIBUTIONS. PEOPLE ELIGIBLE FOR PARTICIPATION IN THE SENIOR NUTRITION PROGRAMS AS DEFINED BY THE OLDER AMERICAN'S ACT, ARE 60 YEARS OF AGE OR OLDER. ELIGIBILITY IS THE SAME FOR ALL WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, SEX OR HANDICAP.